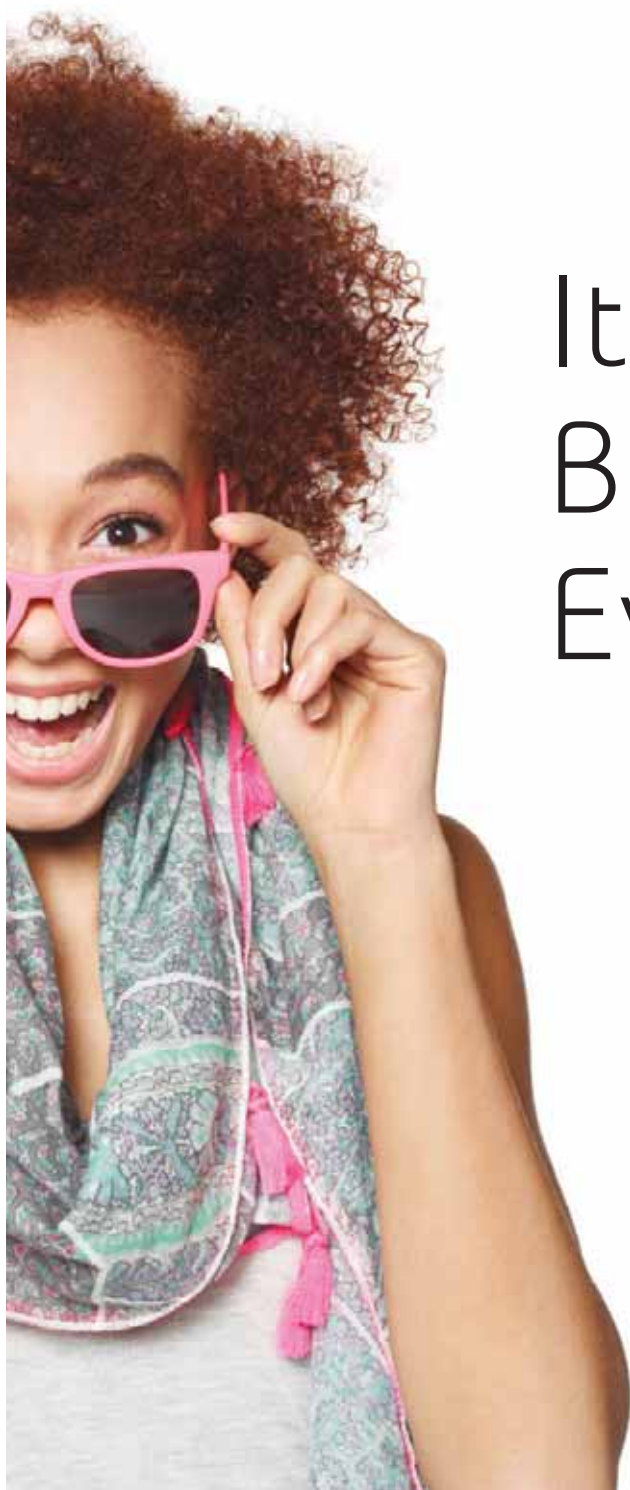


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## Apparent gas attack in Syria

Graphic and heartbreaking images emerge of victims in east Damascus, many of them children **PAGE 10**

## The high price of health

More and more Canadians travel out-of-province for specialized care — and pay a steep price **PAGES 14 & 15**

## TAKING UP THE VIGIL OF OUR FOREFATHERS ... USING THEIR GUNS

RANGERS' WWI-ERA ARMS **PAGE 16**



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## EL MARIACHI COWBOY

Donato Hernandez Noyola leaps through his own lasso while his band, Mariachi Orgullo de Mexico, plays behind him at the Calgary Municipal Building plaza Wednesday afternoon. The performance was part of the opening ceremonies for Calgary's 17th annual Expo Latino, a festival hosted by the Hispanic Arts Society. This year's festival runs Aug. 23-25 at Prince's Island Park. **ROBSON FLETCHER/METRO**

# U of C seeks to cut 19 programs

**Low enrolment.** Provost says the move is 'good management' and not related to fiscal worries

**Desperate times**

"If there has to be a silver lining in this, at least it has forced our universities and our colleges across the province to look at ways to save money."

Raphael Jacob, arts major and president of the U of C Students' Union



**JEREMY NOLAÏS**  
[jeremy.nolais@metronews.ca](mailto:jeremy.nolais@metronews.ca)

University of Calgary officials will seek permission from the province to scrap 19 programs, ranging from music theory to applied physics.

The offerings have seen low or no enrolment in recent years, and the request to eliminate them is a matter of "good management," the institution's provost said in a statement Wednesday.

Dru Marshall added that planning for the cuts began months before the province slashed post-secondary funding in March and is unrelated to current fiscal realities.

Still, word that 11 programs would be cut from the faculty of arts, along with sev-

en from the faculty of science and one from the faculty of kinesiology, left student representatives wondering about the impact.

"You may not major in that topic, but it's always good to have the option to take a class in it to mature your own experience," said Raphael Jacob, president of the students' union.

The U of C made it clear any students enrolled in the tentatively cut courses would have the option of continuing on until graduation.

"It is important to note that the University of Calgary continues to enrol the largest number of students in our history, and we are doing so using a sustainable growth model," Marshall wrote in an

email statement on Wednesday.

Jacob, meanwhile, said he believes his school is in a better position than others, such as the University of Alberta, which announced this week it's cutting 20 arts programs and 300 student science positions, or Mount Royal University, which suspended eight programs in the spring and will reduce enrolment in nursing, education, media studies and other areas.

**On the chopping block**

For a full list of courses the U of C is seeking to suspend, head to [metronews.ca](http://metronews.ca)



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## Flood. City considering temporary bridges

City officials are exploring the installation of temporary structures in place of bridges battered by Calgary's historic June flooding, but admit a quick fix won't be easy.

Raging waters have turned pedestrian spans in Rideau, Riverdale and at Sandy Beach into piles of twisted debris. All will be demolished by mid-September, but efforts to rebuild them at a combined cost of up to \$10 million could run until the end of 2014.

Meanwhile, many families living south of the river whose children attend Rideau Park School will be forced to ship their kids by bus since the lack of a pedestrian bridge has added considerable distance to their commute. Area Ald. Brian Pincott also noted that the Sandy Beach span is an important part of the city's cycling network.

But he said reconstruction of the bridges will start only after the communities have been engaged, and work won't get underway until after the October municipal election.

"We have also got to make sure the shoreline has not changed, we have got to apply new floodway rules to construction," he added.

City roads spokesperson Sean Somers said an evaluation has been done to determine if temporary bridges could be installed in the meantime. He said the idea hasn't been ruled out, but there is very little space to work with.

"The spots where the temporary bridges would go are the same spots where the new bridges need to be constructed," he said.

JEREMY NOLAIS/METRO



Parents from Elbow Park School and Rideau Park School listen during a meeting informing them about the progress being made on repairs to the flood-impacted buildings. Public-school officials are watching enrolment shifts as a result of families moving out of flood zones. JEREMY NOLAIS/METRO

# Flood-zone moves could worsen school crunch

**Packed to the brim.**  
'We don't know where' flood-impacted families have moved, CBE official says



JEREMY NOLAIS  
jeremy.nolaïs@metronews.ca

School administrators are eagerly awaiting an official student head count at various sites early next month amid fears that population shifts away from impacted flood zones could further unsettle an already difficult classroom space crunch.

The Calgary Board of Educa-

tion has already said it expects an additional 3,000 students to enrol this fall and could now be on the hook to accept kids from areas such as High River, where many homes remain uninhabitable.

As well, Calgary families who have moved out of flooded areas — even temporarily — may not have the means to transport their children back to where they attended classes last year. Even slight enrolment shifts could cause confusion in a system that already saw up to 50 communities subjected to lotteries to determine placement in their community schools for this fall.

"They've obviously moved somewhere, but we don't know where," said Frank Cop-

### Extra funding possible

- Alberta Education spokesperson Leanne Niblock says the ministry is meeting weekly with officials from flood-impacted school boards to assist with planning and, possibly, additional funding to "get things back to normal."

pinger, CBE superintendent of facilities. "The worst-case scenario is it's going to be a transportation challenge. We may require more buses to move more kids to more distant locations. So it's got an inconvenience element and

more travel times for kids."

Population growth forced yellow school bus provider Southland Transportation to bump its driver pool to 160 employees, up from 125 last year.

This week, the company issued a plea to help fill half of the positions and spokesperson Natasha Gleiser conceded Tuesday that time is of the essence with the first day of school scheduled for Sept. 3.

"We are definitely finding it harder to find drivers this year," she said on Wednesday.

Coppinger pointed to the northwest community of Bowness as one area where many homes remain unlivable and many families may be looking elsewhere for schooling.

1 NEWS



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Editor-in-chief Eugene Oscapella discusses the Alberta government's released report of the inquiry into accusations of queue-jumping in the province's health-care system in Edmonton on Wednesday.

JASON FRANSON/THE CANADIAN PRESS

# Policies needed to prevent queue-jumping in Alberta's health system: Inquiry

## Preventing abuse.

Though preferential treatment is not widespread, inquiry found examples of improper access

An inquiry has found that queue-jumping has occurred in Alberta's health-care system and an environment exists in which it could happen again.

Justice John Vertes says there was no basis to claims that queue-jumping was widespread and politicians were moving people to the front of the line. But there were instances where people got faster care.

Vertes, a retired member of the Northwest Territories Supreme Court, said policies need

to be tightened to stop that.

"The claim that it was not uncommon for senior executives to receive requests for expedited care proved to be unfounded," Vertes wrote in his report released Wednesday.

"However ... the inquiry did in fact learn of incidents of improper preferential access and also identified several systemic issues that could foster an environment conducive to such improper access."

Vertes made 12 recommendations to help prevent abuses in the province's \$16-billion health-care system.

Health Minister Fred Horne accepted the recommendations.

"Although Justice Vertes did find a few instances of improper preferential access, he was very clear that there was no evidence to support the idea that this was a wide-

## Recommendations

- Reducing wait times, which Vertes said is the heart of the problem.
- The definition of queue-jumping and prohibitions against it be strengthened.
- Whistleblowers should be protected.
- Vertes said doctors should never give priority under the guise of "professional courtesy" to other medical staff unless there is a compelling reason.
- A health advocate could advise patients and help them resolve complaints.

spread problem," he said.

Opposition Wildrose Leader Danielle Smith applauded Vertes's recommendations on whistle-blower protection for doctors.

But she chastised the Redford government for not delivering the inquiry that it had promised.

"This wasn't the inquiry that we were asking for. Nor

is it the inquiry that the premier initially promised. We wanted to see an inquiry that also went into the issue of bullying and intimidation (of doctors)."

She praised Vertes for pointing out that long waiting lists contributed to the problem of queue-jumping in the first place.

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# Not so fast ... Chinook LRT to reopen in 'early' September

**Jumped the gun.** While Calgary Transit social media said Sept. 2 was the day, the official date is not set in stone quite yet

**ROBSON FLETCHER**  
robson.fletcher@metronews.ca

After nearly eight months of reconstruction, the Chinook LRT station will open in "early September" but not necessarily on Sept. 2, as previously indicated on social media, Calgary Transit clarified Wednesday.

"We're working on the exact opening date and we'll release that later this week or early next week," project engineer Chris Knobel told Metro. "It's safe to say it'll be early September."

Knobel said "it was a mistake" when a tweet was sent out late Tuesday from Calgary Transit's official Twitter account, saying the much-anticipated station reopening would happen Sept. 2 at noon.

The same statement was posted on the City of Calgary Facebook page, garnering 445 "likes" and 95 shares in less than 24 hours.

But Knobel said the informal announcements on



A worker puts some finishing touches on one of the Chinook LRT station signs Wednesday afternoon. ROBSON FLETCHER/METRO

social media were premature and the precise opening date remains up in the air, pending some final work on the south-line LRT station.

"We're probably 95 per cent complete at this point and it's really just the finishing touches that we need to do," he said. "After that, there is a bit of a testing and commissioning phase for Calgary Transit, to make sure everything is

the way it needs to be before we can open it to the public in a safe manner."

The initial social media postings drew excited reaction from transit users eager to see the end of "C-Train replacement" shuttle-bus service that has been running since January.

"About freaking time!" Tosin Mebude posted on Facebook.

## Quoted

**"We know that every disruption is a major inconvenience, but we certainly appreciate the patience of our fellow citizens on this and ... they're going to be very pleased with the end result."**

Project engineer Chris Knobel

"Chinook station reopens ... and the South end of the City cries out in joy," Twitter user @Majinon wrote.

## Targeted. Four masked men storm duplex

Police and Calgary affordable housing officials are investigating after four masked men stormed into a south-east duplex and attacked the residents inside late Tuesday.

Officers arrived at the residence in question, which is located in the 1400 block of 16A Street SE around 9:30 p.m., according to police Insp. Jim Stinson. He said one victim suffered serious, non-life threatening injuries and was taken to hospital.

"We have no descriptions," Stinson said of the suspects. "It appears to be a targeted attack. It appears one of the attackers knew one of the victims."

The duplex where the incident occurred is owned by the Calgary Housing Company and had been at the centre of complaints in the past. Representative Darren Nimegeers said the organization was investigating to determine whether any terms of the lease had been violated.

"We have a variety of things we can do, up to and including an eviction," he said. "Essentially, we have the same kind of remedies any landlord would have."

It's believed the intruders were armed with handguns and looking for money, but Stinson said he had no reports that anything was actually taken from the home.

JEREMY NOLAIS/METRO

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# 'HOTCARL' in the city? Perhaps not

## Banned plates.

Province maintains a list of disallowed tags but won't make it public

It could be a reference to a scatological sexual act or simply a boast from a vehicle owner named Carl who considers himself quite attractive.

Regardless, Service Alberta is looking into a personalized plate that reads HOTCARL.

The obscure term would probably go unnoticed by most, but those familiar with its dirtier meaning might be surprised to see it on a plate, which is technically Crown property.

Still, it apparently sailed through the approval process when it was registered in 1998, said Service Alberta spokesman

Mike Berezowsky.

"So that's before urban dictionary," he said, referring to the online reference manual of modern slang.

The province routinely checks that website and other sources when asked to approve new plates that have "any ambiguity" in their meaning, Berezowsky added.

"They are representative of Alberta, so we really don't want

anything that might offend," he said. "If there's an objectionable plate that's brought to our attention, we can review it and if necessary have it returned."

Service Alberta received 7,592 applications for personalized plates last year. Of those, 212 were rejected, including H8TR, STONERR, D3ATH, OVERDOSE, PIMP IT, IH8MYEX and SUX2BU2.

ROBSON FLETCHER/METRO



Service Alberta is reviewing this personalized plate, registered 15 years ago, given its sexual connotations in modern slang. CONTRIBUTED

## U of A. Review to assure stakeholders: Minister



An independent review will examine school finances. PATRICK NGUYEN/FOR METRO

Ensuring confidence at the University of Alberta is what's driving an independent review of school finances, which will cost the province around \$70,000, the advanced-education minister said Wednesday.

On Tuesday, consultants from Meyers Norris Penny began their review, said Thomas Lukaszuk, who also serves as the province's deputy premier.

"The ultimate goal is to instill confidence in students and in Albertans and foreign students and in donors and all the stakeholders of our university that this is a university that not only delivers excellence in academics, which it does, but also is managed in a very, very strict manner," Lukaszuk told Metro.

Doug Goss, chair of U of A's

board of governors, said the review will be most "helpful" to the government.

"I don't know where (Lukaszuk) would have got the thought that this place wasn't being run well. There seems to be some kind of notion that there is a bunch of money-washing around here.... I think it will be helpful for these consultants to come in and actually dispel all of these myths," Goss said Wednesday.

NDP advanced-education critic Rachel Notley said appointing independent consultants is "an expensive optics move."

"I think we could replace the minister of advanced education for free and instill far more confidence," she said.

ANNALISE KLINGBEIL/METRO

## \$850K. U of A spends big on government relations

While the University of Alberta is facing deep cuts to programs and faculties, it's spending \$850,000 a year on government and corporate relations.

According to the school, the department's seven staff are the first point of contact for officials and advocates.

"People need to know more about us. They need to know about our impact. They need to know about the things we accomplish as an institution," said the school's vice-president of university relations Debra Pozega Osburn, defending the expense.

The school has community and media relations offices, but she said they also have to have an ear open to government.

Advanced Education Minister Thomas Lukaszuk said he hasn't dealt with the department before. "My office is very approachable. Anyone in that school can pick up a phone and call us directly," he said.

Inquiries at other Alberta post-secondary institutions found much smaller departments. The University of Calgary has a two-person office with a \$240,000 budget.

RYAN TUMILTY/METRO

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## Edmonton. Armoured car guard's murder trial changed from jury to judge alone

The upcoming murder trial of an Edmonton armoured-car guard accused of gunning down his crewmates will no longer be heard by a jury.

Travis Baumgartner is to have a trial instead before a judge alone when the case starts on Sept. 9.

A justice spokeswoman says Baumgartner's lawyer requested the change and the

Crown agreed to it.

The G4S guards were working a night shift and reloading ATM machines at the University of Alberta when they were shot last summer.

Three died at the scene but a fourth survived.

Baumgartner was arrested the next day at the U.S. border with \$334,000 in a backpack. **THE CANADIAN PRESS**

### Drug bust

## Cops charge four Calgary men after seizing cocaine, oxycodone

Charges have been laid against four Calgary men after officers seized nearly \$100,000 in cocaine and oxycodone and \$120,000 in cash.

Members of the Calgary

Police Service, and RCMP members executed search warrants on three homes and three vehicles on Aug. 13.

Officers found 570 grams of cocaine, around 500 oxycodone pills, two replica pellet guns and drug-trafficking paraphernalia.

Lawrick Chang, 32, Ryan Venn, 29, Sidney Nayel, 52, and Michael Gonsalves, 23, are facing multiple charges.

**METRO**

# Phone scam attempts to sell ads for fake police magazine

**Personal information.** Caller asks victims for their financial details



**KATIE TURNER**  
katie.turner@metronews.ca

An investigation has been launched after police say they've received reports of people being called by someone selling ads for the Calgary Police News Magazine.

According to police, a man has been calling and aggressively asking victims for their credit card information to place an ad in the fake publication.

"Any time people abuse the Calgary Police Service in a scam it's concerning," said Duty Insp. Jim Stinson.

"These people are fraudsters and they'll employ any technique to try and put people at ease so they can defraud them, and using the Calgary Police Service puts a lot of people at ease because we're a trusted en-

### Complaints

# 4

The police have received four official complaints regarding this particular telephone scam.

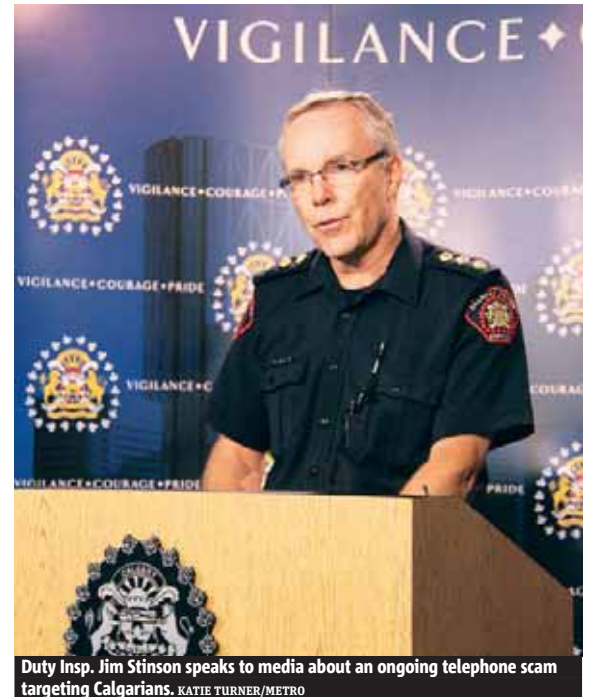
tity in the city."

The calls are coming from 403-168-7441 and have been traced back to Woodbridge, Virginia.

Stinson said investigators are working with the Canadian Anti-Fraud Centre but said it's difficult for police to hold the offenders accountable because the calls are usually being placed from foreign countries.

"That's why it's so important for people not to provide any information over the phone," he said.

Anyone who receives a similar call is asked to get as much information as possible from the caller, including any visible phone numbers, and call police or Crime Stoppers at 1-800-222-8477.



Duty Insp. Jim Stinson speaks to media about an ongoing telephone scam targeting Calgarians. KATIE TURNER/METRO

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# What killed the little innocents? Syrian regime denies gas attack

**Alleged atrocity.**  
Syrian activists claim 100 died in toxic attack in Damascus — a report that has shocked the world

Anti-government activists Wednesday accused the Syrian regime of carrying out a toxic gas attack that killed at least 100 people, including many children as they slept.

The purported attack happened during artillery and rocket barrages on the eastern suburbs of Damascus.

Shocking images emerged, showing pale, lifeless bodies of children lined up on floors of makeshift hospitals and others with oxygen masks on their faces as they were attended to by paramedics.

One appeared to be a toddler clad in diapers.

An activist said bodies of 63 of the dead had indications of a chemical weapons attack but he could not confirm this.

"Their mouths were foaming, their pupils were constricted, and those who were brought in while still alive could not draw their breaths and died subsequently," he said.

## Quoted

**"Such an attack is completely unacceptable and we call on the ... regime to co-operate with the UN officials investigating these disturbing reports."**

Foreign Affairs Minister John Baird, saying Ottawa will monitor the situation closely.

The Syrian regime called claims of the attack "absolutely baseless." Syria's ally, Russia, described the reports as "alarmist."

At the United Nations, Secretary-General Ban Ki-moon said he is determined to ensure a "thorough investigation" into the toxic gas reports.

UN deputy spokesperson Eduardo del Buey said the secretary-general is "shocked" by the purported atrocity.

But President Bashar Assad's regime denied using chemical weapons.

The reported death toll Wednesday would make it the deadliest alleged chemical attack in Syria's two-year-old civil war.

There were conflicting reports, however, as to what exactly transpired and the death-toll figures ranged from 100 to 1,300.

THE ASSOCIATED PRESS



**Citizen journalism:** This photo from a usually reliable source is said to show the tragic aftermath of a purported toxic gas attack in Damascus, Syria. A woman is supported as she mourns over the bodies of children on Wednesday.

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# At least 34 people fall ill at Toronto's CNE

**Was it the Cronut Burger?** 5 hospitalized as vendor who offered popular treat closes down as precaution

At least 34 people have reported symptoms of foodborne illnesses at the Canadian National Exhibition in Toronto, public-health officials said Wednesday.

Dr. Lisa Berger said Epic Burger and Waffles, which sells Cronut Burgers and Waffles, will voluntarily remain closed as a precaution while health officials continue their investigation.

"All the food that was available at that food premises has been disposed of," Berger said. "Samples of that food have been sent to the public-health laboratory for sampling."

Berger said a three-hour inspection of the Cronut Burger



Health inspectors are following up with food stands throughout the CNE, including Epic Burger — which serves the Cronut Burger, seen in inset. At least 34 people have reported symptoms of foodborne illnesses at the CNE, public health officials said Wednesday. STEVE RUSSELL/TORSTAR NEWS SERVICE

maker was conducted Wednesday after people reported vomiting, diarrhea and stomach cramps on Tuesday night.

Paramedics treated 12 people who had symptoms of

gastrointestinal illnesses. Five of those were taken to hospital.

Health officials are asking anyone who suffered a foodborne illness at the CNE to contact them.

Berger also noted that there are a number of ways people can become ill at the fair, such as "the hot weather we've had lately, dehydration, heat, food."

THE CANADIAN PRESS

## Independent audit. Sen. Wallin must reimburse taxpayers \$139K

Sen. Pamela Wallin's final bill is in — and it's a whopper.

The embattled Saskatchewan senator and former Conservative caucus member was informed Wednesday that she'll have to reimburse the Senate a grand total of \$138,970 for ineligible travel expense claims.

Wallin was already on the hook for \$121,348 after an independent audit of her travel expenses, released last week. The auditors advised another \$21,000 in questionable claims should be reviewed by the Senate's internal economy committee.

Those claims involved travel to what the self-described "activist senator" deemed "networking events" and other special events, including speeches.

The committee concluded Wednesday that Wallin should pay back most of those additional claims, worth \$17,622.

The decision comes as no surprise. Last week's audit report noted that the internal economy committee's steer-



Sen. Pamela Wallin speaks in Ottawa last Monday. Wallin has been ordered to pay back a total of \$138,970. PATRICK DOYLE/THE CANADIAN PRESS

ing committee had already reviewed Wallin's travel claims for so-called networking events and had concluded that "while occasional exceptional occurrences for special events might be acceptable, the volume and pattern of the events listed (by Wallin) would not qualify them as Senate business."

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# Have illness, will travel

**Medical tourism.** Tens of thousands of critically ill Canadians pay hefty price for out-of-province cutting-edge care



**MATT KIELTYKA**  
Metro in Vancouver

Mike Allan wasn't lucid enough even to count down the final days to his death.

Laid out in a hospice, doped up on heavy painkillers and with his family having exhausted all possible avenues to treat his advanced Stage 4b metastatic melanoma, the Prince George, B.C., man had nothing left to do but live out the rest of his life in medicated ignorance.

Until his wife, Karen, received a call from Edmonton's Cross Cancer Institute.

"I have an idea that might work, but you have to get him here right now," Allan, 55, says, relaying his doctor's call. "They threw me in the back of the truck with an oxygen mask and drove to Edmonton."

Flying wasn't an option.

In his condition, transporting Allan to Edmonton by plane would have cost \$16,000.

Heavily medicated, Allan doesn't remember anything about that first eight-hour journey from northern B.C. to Edmonton in March of 2011.

All he knows, and all that matters, is that within a week of going on the clinical trial for dabrafenib (available only at the Cross Cancer Institute at the time), he miraculously went from being a terminal patient receiving end-of-life care to being able to breathe on his own.

"I'm still alive!" Allan says when asked how he's fared since, a common response for many cancer survivors.

Making that boast was virtually unthinkable when physicians in B.C. determined the grandfather had run out of treatment options for his skin cancer in 2009.

"Everywhere we went within the regular system, it was always 'no, no, no' and very negative," Allan recalls.

It wasn't until he consulted with Dr. Michael Smylie, a renowned oncologist at the Cross Cancer Institute, that the narrative changed.

"He looked at my chart,



Comfortable family-like settings help ease the stress for patients receiving life-saving care far from home. JENNIFER GAUTHIER/FOR METRO



Melanoma patient Mike Allan, top centre, travels from Prince George, B.C., to Edmonton every three months to receive treatment. CONTRIBUTED

looked up at me and (said), 'I can keep you alive,'" Allan says. "It was inspirational that there was hope."

Since his astonishing turnaround, Allan has become something of a medical tourist.

The last person still undertaking his particular clinical trial (recently approved by the federal government as a treatment Canada-wide), Al-

lan hops in his pickup truck and drives to Edmonton every three months for three days of exhaustive tests, treatment and followups.

He's not alone.

Every year, an unknown but sizable number of patients (the Canadian Institute for Health Information says there were 43,590 out-of-province hospitalizations in 2011-12, but does not provide

details on the kind of treatments received) leave their communities for centres of excellence across the country that offer cutting-edge therapies and expertise that can't be found elsewhere.

The stresses and costs of travelling outside their communities for potentially life-saving care are staggering for the families involved.

Since clinical trials aren't

covered under B.C.'s medical-services plan, Allan and his wife (with the help of some organizations such as Save Your Skin Foundation) put up the bulk of the travel and accommodation costs for each visit to Edmonton.

It's a trip they made 27 times in 2011, 19 times in 2012 and 16 times so far in 2013.

Some expenses can be written off through federal tax benefits, but that covers only a fraction of the cost.

"If I had known how expensive it was going to be, I would have bought a house in Edmonton," Allan jokes.

And then there's the long, winding 740-kilometre drive through some of Canada's harshest terrain.

It's treacherous at the best of times, and a nightmare when winter hits the Rockies.

"That's the most stressful part for us," Allan says. "The circumstances can be beyond your control. We've been stuck for 19 hours once because of a crash ahead of us."

Though he knows the cancer can come back at any point, linking up with an expert in treating melanoma has bought Allan priceless time with his family, including the birth of his grandson, Ryder.

## Cost of out-of-town care

# \$2,800

The cost for families who need to travel to get crucial health care can vary greatly. Canuck Place — which covers the expense for its families — says it costs approximately \$2,800 to feed a family of four per month at the hospice.

# \$3,100

Medical and nursing costs at the hospice range from \$1,500 a day for a patient booked in for respite (usually a stable patient staying seven days at a time with family members to relax) to \$2,500 for pain and symptom management, and \$3,100 for a child receiving end-of-life care.

# \$40K

Clinical trials for new drugs and treatments can also be expensive, though pharmaceutical companies often pick up the bill. Save Your Skin Foundation founder Kathleen Barnard's clinical trial for melanoma cost a total of \$40,000, but was covered by the drug company.

# \$3.3M

Hope Air — a registered charity that offers free flights for patients to get out-of-town health care — spent \$3.3 million in 2012, 82 per cent of that directly on providing 6,091 flights.

It says 28 per cent of clients would otherwise have cancelled or postponed treatment had it not been for Hope Air's flight.

## Quoted

**"If I had known how expensive it was going to be, I would have bought a house in Edmonton."**

Melanoma patient Mike Allan jokes about the expense of the 740-kilometre drive from his home in Prince George, B.C., for three days of treatment every three months.



# Making the journey easier

Specialized care can drastically increase quality of life even when arduous travel is involved.

That was the case for the Thomas family of Kelowna, B.C. Their first son, Kaden, was born with a life-limiting heart disease and was quickly linked in with Vancouver's Canuck Place Children's Hospice — the pediatric palliative-care provider in B.C. with 77 per cent of its 450 annual patients coming from outside the Metro Vancouver area.

The family of four accessed Canuck Place for treatment, pain management, counselling and respite services for many years (they moved to Ontario at one point but returned for the drier climate of Kelowna and the care at Canuck Place) until

Kaden died in September 2010 at the age of 16.

"The only option locally would be to have him admitted into hospital," mother Jennifer Thomas said.

Physicians at Canuck Place devised effective treatment and pain-management plans for Kaden — pain that local doctors had trouble controlling — and liaised with Kelowna care providers to ensure the wheelchair-bound boy was comfortable at home.

Hospice staff were able to answer "all the hard questions" when local pediatricians couldn't, Thomas said.

"We have just a handful of pediatric palliative-care physicians in the province, and five of them are here," said Canuck Place CEO Margaret McNeil. "A



Brothers Kaden, right, and Colby Thomas were regular visitors of Canuck Place as Kaden received treatment for a life-limiting heart disease. CONTRIBUTED

family wants to go somewhere where they know has the best experience with a particular disease. And because they're very complicated, it's hard for a local pediatrician to have that experience."

Beyond medical care, Canuck Place takes the stress off families with counselling,

family activities and camp trips many take for granted.

"We didn't have any support like that outside of B.C.," Thomas said. "It made a significant difference with our life, marriage and relationship with our children."

Canuck Place — which gets 80 per cent of its funding from donors — foots the bill.

"We really want to make it easy for families to be here," McNeil said. "We believe that there should be no barriers."

There are countless organizations that ease the financial burden of patients who must leave their communities.

Facilities such as Easter Seals House Vancouver offer rooms for \$20 a night, so patients don't pay premium hotel rates while travelling for procedures.



Canuck Place CEO Margaret McNeil says the hospice does everything it can to ease the financial and emotional burdens of treatment. JENNIFER GAUTHIER/FOR METRO

The logistics and cost alone can be a defeating experience, says Save Your Skin Foundation founder Kathleen Barnard.

She ran the gamut in 2005 after being diagnosed with melanoma and is now dedicated to making the process easier for skin-cancer patients.

"It was so tough for us as

a family," Barnard said. "Do I want to spend that much money and leave home on something offering a five per cent success rate or is it just an added burden?"

Organizations such as Barnard's exist so families don't have to compromise.

MATT KIELTYKA/METRO

## Putting specialized care on the map

The health-care landscape across Canada changes constantly, as hospitals acquire new technology and specialists and provincial governments revise their health-care policies. Here's a look at some of the specialized care that Canadians travel for

### Edmonton

Only a handful of surgeons can perform pediatric heart transplants. In Canada, most young patients get their new hearts at the Stollery Children's Hospital in Edmonton or SickKids Hospital in Toronto.



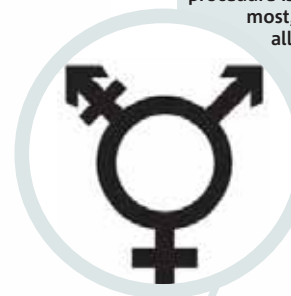
### Toronto

SickKids: Children come to SickKids in Toronto for specialized treatments of rare cases and clinical trials. The hospital also has arrangements with some provinces for certain kinds of care. For example, Newfoundland and Nova Scotia send pediatric bone-transplant patients here.



### Montreal

People seeking gender-reassignment surgery are often referred to the GRS centre in Montreal. The procedure is covered by most, but not all, provinces' health-care plans.



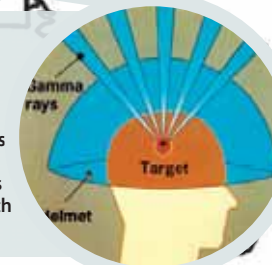
### United States

Some Canadian patients must go to the United States for certain procedures, including Open MRIs (for patients whose claustrophobia prevents them from going in a traditional machine), some types of genetic testing, stem-cell transplants and certain complex orthopedic, ophthalmological and cancer procedures.



### Winnipeg

Most Canadian patients who need gamma knife radio-surgery for treatment of certain kinds of brain tumours and other conditions go to the Winnipeg Health Sciences Centre or the University Health Network in Toronto.



### Halifax

Patients from New Brunswick, Newfoundland and P.E.I. will go to the Atlantic Canada Multi-Organ Transplant Program at the Queen Elizabeth II Health Sciences Centre in Halifax for kidney, liver, heart and pancreas transplantation services.



## Arctic oil. Russia blocking scrutiny, Greenpeace says

Russian officials are refusing to allow a Greenpeace icebreaker into that country's oil-rich Arctic seas as multinational energy companies begin opening those waters to development.

Officials with the environmental group say Russia's refusal is an attempt to keep international scrutiny away from the controversial developments. They say repeated denials of a permit for the Arctic Sunrise to enter the Northern Sea Route violate international law.

"These western companies are coming to Russia to operate in conditions where standards are lower and there's less scrutiny and fewer consequences," said Christy Ferguson, a Canadian Greenpeace member on board the Arctic Sunrise, which is expected to cross into Russian waters Friday.

Even though more than 400 vessels have received permits for the Northern Sea Route this season, the Arctic Sunrise has been thrice denied. **THE CANADIAN PRESS**



Greenpeace swimmers protest by the Rosneft-contracted vessel Akademik Lazarev in the Norwegian waters of the Barents Sea in this undated photo.

CONTRIBUTED: WILL ROSE, GREENPEACE/THE CANADIAN PRESS

# Rangers keep True North strong with vintage arms

**PM's Arctic tour.**  
Harper goes target shooting with Canadian Rangers

Stephen Harper took up arms — albeit antique ones — for some target practice on the Arctic tundra and plied the frigid waters of the Northwest Passage in a sovereignty patrol meant to show solidarity with Canadian Rangers.

Both the prime minister and Defence Minister Rob Nicholson went shooting late Tuesday with the First World War-vintage .303 Lee Enfield rifles, first introduced to the British Army in 1895. They are the standard-issue weapon for the aboriginal reservists — the part-time soldiers comprising the Rangers, who spend their days patrolling the vast, desolate tundra.

The weapons were purchased in the 1950s and a



Prime Minister Stephen Harper wears the Canadian Ranger sweater after he was bestowed honorary Canadian Ranger status in Gjoa Haven, Nunavut, on Wednesday. **SEAN KILPATRICK/THE CANADIAN PRESS**

statement from Harper's office on Wednesday said the government plans to begin replacing them in 2016.

The visit was as much a political statement as a chance to share the rigours of northern life for a prime min-

ister whose mantra has been to assert and defend Canada's claim to the Arctic.

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Ahead of the Austrian general elections, bare-chested displays are the latest twist in the rivalry between Canadian candidate Frank Stronach and Heinz-Christian Strache, left. They seem to have taken a page from the playbook of Russian President Vladimir Putin, right. LEFT: AUSTRIAN FREEDOM PARTY VIA FACEBOOK; RIGHT: THE ASSOCIATED PRESS FILE

# Stronach, 80, hops on beefcake bandwagon

**Austria.** Canadian auto-parts billionaire takes his shirt off in bid for political office

Austria's general election campaign is heating up with two high-profile contenders — one of them a Canadian — going way beyond rolling up their shirt sleeves. They've now taken the shirts right off.

Borrowing a page from Russian President Vladimir Putin's playbook, the beefcake displays

are the latest twist in the rivalry between populist Canadian candidate Frank Stronach and Heinz-Christian Strache, head of the anti-immigrant and EU-skeptic Freedom Party.

The two are both seeking the protest vote in Austria's Sept. 29 election.

Stronach was first to doff his shirt. Wearing jeans and a smile, he revealed a trim 80-year-old upper body as he stood next to his private lake during weekend interviews with Austrian dailies. Strache responded immediately. A

## Bare-chested battle



"I don't need to be ashamed of my body."

Frank Stronach, Austro-Canadian billionaire and founder of auto-parts giant Magna International Inc., as he revealed a trim 80-year-old physique to Austrian media.

photo of the tanned and athletic 42-year-old clad in swimming trunks appeared Sunday on his Facebook page.

THE ASSOCIATED PRESS

## Sunday Ticket. Google, NFL holding meetings

Google has been holding meetings with the National Football League, raising speculation that the Internet monolith is seeking new inroads into television.

Other tech companies like Apple are reportedly in talks with cable providers to boost access to blockbuster television shows through their devices.

With Google sitting on a cash pile of \$48 billion US, the league's Sunday Ticket package is easily within its reach. The contract is currently held by DirecTV, which pays about \$1 billion annually for the rights. That contract, however, expires at the end of the 2014 season.

The NFL confirmed its meetings with Google Wednesday, but declined to discuss the nature of those talks, as did Google.

"Members of our office meet often with innovative leaders in Silicon Valley and around the world," the NFL said in a

statement. "We are constantly looking for ways to make our game better on the field, in the stadium and for fans."

The Sunday Ticket Package provides fans with access to most out-of-market NFL games not televised nationally on ESPN or on NBC.

Citi analyst Jason Bazinet believes that DirecTV is losing money on the deal, generating only about \$725 million US a year in revenue. He thinks a new contract would run about \$1.5 billion if DirecTV were to make another go for it.

Google recently unveiled a device called Chromecast, which is part of its attempt to make it easier for people to access Internet content on their TVs. Chromecast is a small stick roughly the same size as a thumb drive that can be plugged into an HDMI port on flat-panel TVs.

THE ASSOCIATED PRESS

## Internet access

### New Facebook partnership aims to get 7B online

Facebook wants to get more of the world's more than seven billion people — all of them, actually — online through a partnership with some of the world's largest mobile technology companies.

The partnership, called Internet.org, includes Korean electronics giant Samsung, Finnish handset maker Nokia and wireless chip maker Qualcomm Inc.

Plans include developing cheaper smartphones and tools to reduce the amount of data required to run mobile applications.

Facebook said the group's goal is to "make Internet access available to the two-thirds of the world who are not yet connected" — about five billion people.

THE ASSOCIATED PRESS

## Market Minute

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**TSX**  
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Baltimore Ravens fans watch Super Bowl XLVII. GETTY IMAGES FILE

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BMV Bespoke is passionate about creating the best possible fitted suits for their clients – before a thread is cut or a measurement is taken, your BMV tailor will carefully observe and note every detail of your unique body type to ensure your suit fits to perfection.

"As tailors, we love to see somebody coming to us wearing an off-the-rack, ill-fitting suit, which often costs a fortune and then walk out with one of our perfectly fitted, custom made suits. With BMV, our superior quality and fit often costs so much less, yet fits so much better." ~ BMV's Director and Lead-cutter.

When buying off the rack, the only options are what is in front of a person- the shoulders may be too wide or too narrow or the fit may just not be comfortable.

Men who buy off the rack almost always need to have their suits altered, but by visiting a BMV bespoke, they can have a suit made exactly to their specifications and body type.

"We cut from scratch and make full suit according to individual preference," explains William Bal of BMV Bespoke Tailors.

They visit major cities several times a year, taking custom orders, including tailor-made shirts starting at just \$59 upto \$250 & suit starting at \$329 goes upto \$3500 depending on different qualities.

BMV's expert tailors, visits major cities across Canada 7 - 8 times a year. To be custom fitted and select a fabric from the thousands offered by BMV, call the number for your city on the dates provided. Ask for Mr. William Bal or BMV Bespoke.

Once an order is placed, the craftsmanship begins almost immediately, thanks to today's digital technology. You will receive your suit within 4 to 6 weeks after your custom fitting, or you can request express delivery, where your suit will be delivered within 10 business days.

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**Please ask for BMV Bespoke or Mr. William Bal upon arriving at the hotel reception**

# TIME TO SHARPEN YOUR PENCILS

It's almost time for kids to head back to school, which means the back-to-school ads have been out so long that many of the principal actors in them have died.

It's given me lots of time to think about back to school, and reinforced for me how important it is to buy the right things for your school-aged children, lest you ruin their fragile lives.

No pressure.

I don't have kids myself, which makes me the perfect person to tell you what to buy for yours: Friends are always telling me about what their best-laid child-rearing plans are. But then their kids don't come according to spec and suddenly they're doing things they swore they'd never do.

So as a childless guy I can bring an unsullied perspective to the back-to-school purchases — and jump right to the decisions you're going to make anyway without the high-principled hand-wringing in between.



HE SAYS

**John Mazerolle**

metronews.ca

To me, back to school is the young person's version of New Year's resolutions — proof that we can start with a clean slate and get it right this time. A sweet lie, in other words.

I still miss the back-to-school gift package — mostly because I haven't had a nice, fresh set of clothes since 1993.

I've bought new clothes since then, sure, but I mostly replace items one at a time as they become too threadbare to wear. Sometimes I time it just right and walk into the Gap as a growing gap in my jeans reaches the breaking point, and my pants moult from my body as I enter the changing room, like a denim lobster.

So nothing was better than a whole set of new clothes, backpack and math gear (something where the dinosaur's head turns from different angles, please).

A school-grade kid can quickly build up a lot of baggage — in my case, a backpack filled with ink stains, crumpled

papers from three months ago and a crushed banana I'd forgotten about.

But back-to-school supplies also offered a symbolic reset: I could forget about the time I cried in home economics because the teacher yelled when I forgot to add soap while washing the dishes. I could forget when I buried a rose in the snow because Missy Titus wouldn't accept it on Valentine's Day. It helped me forget getting a concussion playing soccer baseball (the concussion helped, too).

Those clean, perfectly folded shirts and pants lying on the bed brought a sense of order to my life. I don't know why I wasn't more popular.

So my advice to parents is: Buy distracting stuff. It doesn't have to be the best stuff, or the most trendy stuff. Just bright and shiny enough that your kids can forget how miserable school is. Bags of eraser shavings were popular at one point in my schooling. So don't go nuts.

With the right level of distraction protecting them from their school years, they can grow up to be whatever they want, maybe even the principals in back-to-school advertising. It's a year-round business.

## ZOOM

### Way to impress a lady



COURTESY RED BULL

#### Diver wows near Statue of Liberty

New York's Statue of Liberty was the backdrop for world champion diver Orlando Duque to leap from a

helicopter hovering 75 feet (22.86 metres) above the Hudson River. Duque, 38, from Cali, Colombia, performed the stunt to promote the fifth stop of the Red Bull Cliff Diving World Series due to take place in Boston on Aug. 25.

METRO

#### Diver's viewpoint

**"It doesn't get any better than diving in front of something as iconic as the Statue of Liberty."**

Orlando Duque, high diver from Cali, Colombia

#### Dive in seconds

**3**

seconds is all the time Duque had to land a flying back somersault while travelling at speeds of 80 km/h.

#### Clickbait



**HANNAH ZITNER**

hannah.zitner@metronews.ca

**Last year's taxes still not done? Instead of fretting over making time for these necessary-but-heinous tasks, why not get someone else to take care of them for you? Say goodbye to life's annoying administrative chores and hello to outsourcing with the help of these sites:**

#### AskForTask.com:

Toronto-based startup connects people across Canada who either need a hand or have an extra one to offer for anything from cleaning the tub to building a website.

#### DoMyStuff.com:

Connects people needing help with people offering to give help with just about anything (though the site could benefit from connecting with a designer).



#### Letters

**RE: Vancouver's Science World Trying To Teach Kids About Sex? How Dare They ... published Aug. 21**

They are already being sexualized between magazines, TV, video games, music, and other societal things. This is a huge learning moment for you and your children. Take it, show them and let them ask questions. Education is power, not ignorance or hiding.

**Heather Avery posted to metronews.ca**

It is better to teach the kids about sex so they can make an informed decision. I'd rather have the kids know about sex minus the self-righteous moral guardians than have teenage pregnancies. I have seen that one first hand with someone I knew in middle school who was 13 and pregnant. She ended up dropping out shortly after.

**Taggart Romkey posted to**

metronews.ca

Let's all assume: This is at a public event and establishment. Committees will have been involved in deciding what, and what not, to include. It will be suitable for both genders and for the recommended ages of viewers.

It will likely be better than anything an anxious parent, or a priest, or a misguided peer, or a movie could show and tell. And it provides an opportunity for parents to have an educated talk with their curious kids, or maybe become better educated themselves.

If I lived in Vancouver, I would go. If my kids were not already grown up, I'd take them. Maybe I'd see it myself first to see if it's suitable. We had all the sex conversations with them before they were old enough to reproduce, for their own protection and ours.

**DaleWale posted to metronews.ca**

#### WE WANT TO HEAR FROM YOU:

Send us your comments: [calgaryletters@metronews.ca](mailto:calgaryletters@metronews.ca)



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KM



5.7L HEMI, LEATH-  
ER, NAV  
SUNROOF

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COLOR  
MATCH  
TOP



6 SPEED MANUAL  
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PENTASTAR

12,000 KM

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LARAMIE**

ONLY  
2000  
KM



5.7L HEMI, AIRLIFT  
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RAMBOX, LEATHER

NAVIGATION  
SUNROOF  
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V8 CONVERTIBLE**

V8



LEATHER  
80,000KM  
PW, PL

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**2008 GMC YUKON DENALI**



6.2L V8  
POWER  
WINDOWS,

LOCKS, SEATS  
A/C

**\$28,888 \$533/BW**

**2013 JEEP CHEROKEE  
LAREDO X**

ONLY  
20,500  
KM

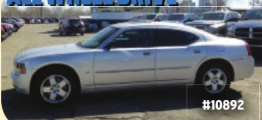


LEATHER  
SUNROOF  
BACK UP CAM

REMOTE START

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LEATHER!  
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ONLY 95,000 KM

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AWD



8 SPEED AUTO  
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MSRP \$36,645

**\$28,888 \$215/BW**

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MSRP \$20,910

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SUPER  
BEE!



BLOW OUT  
**\$39,995**  
MSRP \$47,390

**\$47,390 \$269/BW**

**2010 DODGE CHALLENGER  
SXT**

ONLY  
34,000  
KM



3.5 L V6  
AUTO  
NAV,

SUNROOF  
LEATHER

**\$25,888 \$289/BW**

**2013 DURANGO CREW**

ONLY  
27,000  
KM



DVD  
NAVIGATION  
SUNROOF

REMOTE START

**\$41,888 \$269/BW**

**2012 CHRYSLER 200  
LIMITED**

ONLY  
28,000  
KM



3.5L V6 AUTO

**BLOW OUT**

**\$15,888 \$109/BW**

**2010 CHRYSLER 300C**

ONLY  
63,000  
KM



V8 HEMI 5.7L  
LEATHER  
SUNROOF

**\$17,995 \$149/BW**

**2011 DODGE CALIBER  
MAINSTREET SPORT  
WAGON**

WHAT  
A  
STEAL!



ABS  
HEATED SEATS  
KEYLESS ENTRY

ONLY 48,400KM

**\$12,888 \$99/BW**

**2013 DODGE CHARGER SXT**

8.4"  
TOUCH-  
SCREEN



3.6L V6 8 SPEED  
AUTO  
HEATED SEATS

SUNROOF  
ONLY 13,200 KM

**\$28,995 \$189/BW**

**2012 CHRYSLER 300C**

ONLY  
17,750  
KM



PANORAMIC SNRF  
5.7L HEMI, NAV,  
LTHR INTERIOR,

BLUETOOTH, CD  
PLAYER, CLIMATE  
CONTROL

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# The best monster burgers, tacos and pizzas — oh my!

**At war.** Comedian Cris Nannarone travels across North America to see what goes into popular quick bites

If Cris Nannarone has any say in the matter, octopus or beef tongue won't cross his lips. But as host of a new food competition series, the comedian says he was sometimes tricked or bullied into tucking into meals featuring those creatures.

The new three-in-one series features Nannarone on a quest to discover the best burgers, tacos and pizza across Canada and the United States. In each episode, he goes into three kitchens, whether it's a five-star restaurant, diner or food truck, to learn what goes into each chef's specialty. At the end of each episode, the three contender chefs are judged.

"You couldn't pay me to have the beef tongue," Nannarone said. "On the show they tricked me. My producer went as far as learning Spanish and spoke Spanish behind my back so I wouldn't know what he was planning and told the owner, 'Don't tell Cris what you're making for him because he won't eat it.'"

But it doesn't matter if he doesn't like the food he's served, Nannarone says, because he doesn't determine the winner of each episode. A team of nine judges — "just average people like me" — sample the items from the three contenders on "judgment day" and vote in a secret ballot.



Cris Nannarone stars in a new series that showcases each specialty (burger, taco and pizza) for a month. CONTRIBUTED

"When I open up the envelope and read the name of the winner, I'm seeing it for the very first time. I don't have any prior knowledge to know who's going to win," Nannarone says, adding that this makes the show unique.

"I have judges so I can go into a place, try a burger and if I don't like the burger it's OK. I can say I don't like the burger because I don't know any better. I'm not a chef. I'm not classically trained in ... culinary arts. I just like to eat."

"So when I go into a restaurant and they fry me up a bison burger with avocado and foie gras, stuff I would never order in a million years, I can say to the viewers I like it or I don't like it. It doesn't matter," says Nannarone.

He admits to being out of his element when he's in the kitchen with "these very talented chefs, trying their amazing meals. You can actually see me be convinced that, 'Oh, yeah, beef tongue is actually quite good, quite delicious.'"

Calgary's Pyramid Productions came up with the concept for the show. Burger Wars airs Mondays on CMT in August, Taco Wars in September and Pizza Wars in October.

The show features man-on-the-street segments, with Nannarone asking people where to go to get a good burger, taco or pizza in their city.

Stops include Los Angeles, Banff, Alta., Toronto, Calgary, Chicago, Vancouver, Victoria, Phoenix and Las Vegas.

"I'm like a five-year-old

## Who is Cris Nannarone?

Nannarone has appeared in TV series and movies such as Heartland (2012), Boot Camp (2008), Honey, I Shrunk the Kids (2000) and MacGyver (1989). He has also spent the past 20 years travelling around North America as a stand-up comedian, but he says he's learned to see some of the cities he's visited in the past differently when he was there with a production crew.

when I'm on the road. When I go someplace I've never been before it's a big deal to me. I've always wanted to go to Chicago and I got to try Chicago deep-dish pizza in Chicago. I think I cried on that episode."

Being of Italian heritage, he prides himself on being a pizza connoisseur but is not a fan of the thin-crust Neapolitan-style pizza that is becoming popular in North America, preferring thick crust and plenty of toppings.

While he found the fare in L.A. and Vancouver to be generally light, healthy or organic, he claims Toronto is the home of "monster" burgers.

"Nobody would ever believe me that the best taco you're ever going to have is in Las Vegas. And one of the best burgers you're going to have is in Las Vegas," he says.

"So to go there for the gambling is a waste of time. Go for a good taco. You're going to find it off the strip." **THE CANADIAN PRESS**

# 2 SCENE

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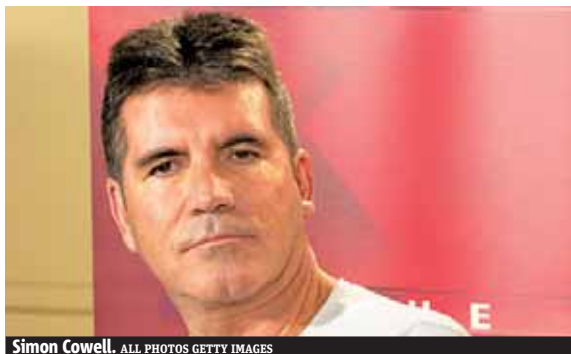
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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 24 SHOPPERS DRUG MART



Simon Cowell. ALL PHOTOS GETTY IMAGES

## Father-to-be Cowell finally finds his voice

Simon Cowell is finally speaking out about the unexpected pregnancy of gal pal Lauren Silverman — and for once he's playing nice. "Things are changing in my life right now, for the better. I'm proud to be a dad," he tells the BBC. "It's

something I haven't thought of before ... now I know I feel good about it. And she's a very special girl." Silverman and her husband — and Cowell's pal — Andrew Silverman reached a divorce settlement just last week.



Wentworth Miller

## Russian invite rejection signals Miller's coming out

Prison Break actor Wentworth Miller declined an invitation to the St. Petersburg International Film Festival, publishing his response on GLAAD's website: "Thank you for your kind invitation. As someone who has enjoyed visiting Russia in the past it would make me happy to say yes. However, as a gay man, I must decline. I am deeply

troubled by the current attitude toward and treatment of gay men and women by the Russian government. The situation is in no way acceptable, and I cannot in good conscience participate in a celebratory occasion hosted by a country where people like myself are being systematically denied their basic right to live and love openly."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Scientology failed to get Bono and Brad on the hook

The Church of Scientology tried to recruit both Brad Pitt and Bono in the 1990s, according to former Scientologist Jenna Miscavige Hill, niece of Church leader David Miscavige. "I think that celebrities are more inclined to be egocentric and Scientology caters for that — you're your own God. They're probably being told that all the time," she tells Radar Online. "But

they're probably insecure, so the self-help of Scientology lends itself to that. And Scientology is meant to save people and the world, so the charitable thing appeals to a celebrity. If you're egocentric, not always confident or insecure because of being in the public eye and want to be charitable, Scientology pushes your buttons. That's why someone like Bono would fit the bill perfectly as so many people know him." According to Miscavige Hill, Pitt went through the Church's entry-level Purification Program while dating Juliette Lewis but ultimately decided it wasn't for him.



Lindsay Lohan

## Lohan's Oprah sit down doesn't live up to billing

Despite all the buzz and build-up, Lindsay Lohan's much-discussed sit-down with Oprah Winfrey failed to produce much in the way of ratings. The one-hour special averaged 892,000 viewers during its premiere, with an average of 504,000 viewers tuning in

for the encore broadcast that immediately followed. By contrast, Winfrey's interview with Lance Armstrong in January pulled in 4.3 million viewers, breaking records for her OWN network. The Lohan special came in just above normal.

### Twitter



@ElizabethHurley

Another gorgeous day- is this the best English summer we've had for years? Bliss....



@MichaelChiklis

When I think of all the different languages that developed literally right next to each other I can't help but think: How did Europe happen?



@JuddApatow

At least I didn't eat fries. (Positive re-enforcement for the end of the day)

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SHOPPERS  
DRUG MART





# The foolproof transitional season uniform

The perfect, simple outfit to cleanse your palate before autumn's trends roll in

METRO WORLD NEWS

The simple, classic white shirt and jeans combination is an under appreciated thing. Too often it gets bogged down with hyper-personalization: a

wacky jacket here, piles of quirky necklace layering there. It's that rare, perfect outfit in which a set of fashion staples converge in a can't-screw-

it-up formula. But sometimes, the best way to pull this off is by not tampering with it too much. The simplicity makes this look a nice breather of a palate

cleanser before preparing to unpack all of the heady, intensity (bell shaped skirts the size of small cities anyone?) that will be autumn's trends.



**Topshop**  
Moto Smokey Green Leigh Jeans, \$76, topshop.com.



**Lizzy Disney**  
Lock Bag – Black, \$430, darkroom-london.com.



**& Other Stories**  
Leather Belt, \$44, stories.com



Charlie Collins, who we spotted in London, looks flawless in an unaffected kind of way because she didn't go overboard with the styling. METRO



**Zara**  
button neck blouse, \$50, zara.com.

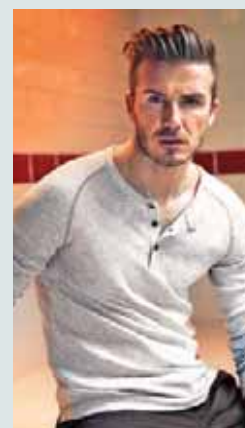


**Loeffler Randal**  
Pippa Collar flats, \$275, shopbop.com.



**Spitfire**  
Mainstream Wayfarer Sunglasses, \$41, asos.com.

Dress it like Beckham



David Beckham for H&M  
HANDOUT

## H&M to sport the vintage and the varsity this season

Trend-conscious gentlemen who head into H&M this fall will likely pick up on the heritage sportswear feel of David Beckham Bodywear pieces. The newest campaign launched on Aug. 22 and is full of old East London atmosphere. Raglan-sleeve jersey and henleys come in athletic greys, alongside grey tank tops and a three-pack of grey trunks.

Pajamas are an essential both for lounging and sleep, and this autumn there are ribbed pajama pants, as well as full-length or short pants in drawstring jersey.

Coinciding with the new pieces will be a brand-new campaign set in an old-style sports changing room. It marks the latest stage in David Beckham's long-term collaboration with H&M, centred on a core collection of body wear pieces which are available all year round.

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# 3 THE

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## Asparagus Risotto



This recipe serves six. CONTRIBUTED/ EATS BY MARY ROLPH LAMONTAGNE

# The most versatile risotto of them all?

"This is a great risotto recipe that uses lemon and asparagus as its flavour boosters. Feel free to experiment with other vegetables and cheeses to create your own signature risotto," writes Mary Rolph Lamontagne in

her book Eats.

1. Bring the stock to a simmer in a saucepan.

2. In a separate medium-sized saucepan, heat 2 tablespoons of oil over medium heat. Add the onion and cook for a few minutes until translucent. Add the rice and cook for 2 minutes more, stirring until nicely coated and opaque in colour. Add the wine and stir until most of it has been absorbed.

3. Add 1/2 cup of stock to the rice, stirring continuously until the liquid is almost completely absorbed. Add more stock in 1/2 cup increments and repeat this process until the rice is tender, but still firm to the bite, 15–20 minutes. Remove from the heat.

4. Gently stir in the lemon zest, goat's cheese, Parmesan and the asparagus. Add

## Ingredients

- 3 cups chicken stock, approx. (or vegetable stock for a vegetarian option)
- 2 tbsp olive oil
- 1/4 cup minced onion
- 1 cup arborio rice
- 1/4 cup dry white wine
- 1/2 tsp lemon zest
- 1/4 cup soft goat's cheese
- 1/2 cup freshly grated Parmesan cheese
- 1 cup cooked, chopped asparagus
- Salt and pepper
- 1 tsp butter
- Pea shoots (optional)

salt and pepper to taste and the butter. Cover and set aside for 3–5 minutes. Serve with a garnish of Parmesan shavings and pea shoots.

ALL RECIPES EXCERPTED FROM EATS ENJOY ALL THE SECONDS: 135 COLOURFUL RECIPES TO SAVOUR BY MARY ROLPH LAMONTAGNE, WITH PERMISSION.

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## Appetizer. Zucchini Bites

"This is a great way to use up leftover plain quinoa or even quinoa that has been prepared with flavourful herbs or minced vegetables," writes Mary Rolph Lamontagne in her book Eats.

"Add some egg, a little flour and some cheese and you cannot go wrong."

Lamontagne sometimes substitutes chopped cooked spinach for the grated zucchini, uses rice flour for gluten-free bites and changes the cheese to cheddar for a different flavour.

1. Preheat the oven to 180 C (350 F). Grease a mini-muffin pan.

2. Combine all the ingredients in a large bowl.

3. Fill the muffin cups to the top with the quinoa mixture. Bake for 15–20 minutes, or until a tester comes out clean. Serve with a dollop of crème fraîche mixed with a spoonful of sweet chili sauce, a South African favourite.

## Ingredients

- 2 cups cooked quinoa
- 3 eggs
- 1 cup grated zucchini
- 2 cloves garlic, minced
- 1 tsp dried thyme
- a pinch of paprika
- 1/2 cup grated Emmenthal cheese
- 1 tbsp flour
- Salt and pepper to taste

## Cookbook of the Week

### A splash of colour for your table

Eats by Mary Rolph Lamontagne is filled with creative recipes and simple basics — from all over the world — that make using leftovers a breeze. Fruits and vegetables (the most highly wasted items

in a fridge) are prepared in master recipes and then reinvented in three or four others. Mary also offers tips for buying, growing, cooking, storing and freezing ingredients.

Among the recipes are: Tanzanian Eggplant Curry, Apple Sauce Spice Muffins, Spinach and Ricotta Gnocchi, and more.

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Discover more fresh deals in this week's flyer — calgarycoop.com/flyers

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# STRETCH YOUR DECORATING DOLLARS

## PLENTY OF OPTIONS AT ALL PRICE POINTS

Decorating on a budget doesn't have to be an impossible challenge. There are plenty of options at all price points if you shop around. Here is a four-step approach to make your decorating dollars go further.

### STEP 1

Determine your priorities. When creating the perfect comfort zone at home, the initial step is to understand your needs. Ask yourself how a room will be used and by whom. Decide where you would most like to improve your home. When asked which at-home activities would be most improved with the addition of new furniture, most homeowners ranked reading and relaxing as No. 1, followed by spending time outdoors and entertaining visitors. In addition to your furniture, consider decorative accessories such as lighting, pictures, accent pieces and clocks. As you create your plan, think



COLOURBOX

about cosmetic changes in wall colours, window treatments and other elements particular to your rooms.

### STEP 2

Establish a budget. According to the American Furniture Manufacturers Association (AFMA) study, which has a Canadian chapter, 87 per cent of consumers don't set a budget for decorating and furnishing their homes, which, according

to industry experts, is a big mistake.

"Setting a budget will help you plan, understand your decorating goals and, most of all, give you confidence to go out and do it," says AFMA vice-president Jackie Hirschhaut. "No budget is too small, plus it can fluctuate with your changing needs."

### STEP 3

Be your own resource. When it comes to

decorating your home, you will probably be surprised at the wealth of information that is easily available to you. Watch your newspaper to learn more model home tours, charity showcase home events or special seminars offered at nearby furniture stores. Surf the Internet and look at decorating books and magazines for great ideas.

### STEP 4

Shop with a plan. With a list of priorities, shop with your top selections in mind. Start by research prices and availability of the furnishings you want in your area. Look at pieces in all price ranges, and choose what works best for you. Show your decorating notebook to your retailers since they will be able to offer helpful information on decorating solutions, styles, colour trends and more.

"Home decorating is an evolving process, so don't feel you have to do everything at once," Hirschhaut says. "You should expect your home to change many times over the years, as your lifestyle changes — so have fun along the way."

## WE TURN IDEAS INTO PROFIT

### WHO ARE WE?

Red Door Venture Group is a multi-faceted firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan.

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## THE LAND OF PROMISE SASKATCHEWAN

There is real estate potential as far as the eye can see in Saskatchewan. It's potential that investors should be taking advantage of, according to Jaimey Midtdal, spokesperson for Red Door Venture Group.

The land of the living skies has attracted real estate developers with its burgeoning economy and its future growth potential.

Red Door Venture Group, a Regina-based real estate marketing company, is about to start selling some of the best value homes in Canada.

"The province's solid economic foundation has allowed unprecedented growth in Saskatchewan, and the real estate market has followed suit," Midtdal says.

Red Door Venture Group has paired with the best local developers to deliver high-quality homes in the as-yet-undeveloped land near Regina.

"We work with developers from the land acquisition stage all the way through concept



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design and sales, to produce turn-key developments for our clients," Midtdal says.

Wolveridge Rural Program is one of Red Door Venture Group's current projects, delivering CSA-approved, pre-built, ready-to-move homes to buyers.

Wolveridge Rural Program is real estate development rethought, designed so buyers can choose their homes from a selection of four well-appointed models, placed in several different neighbourhoods throughout southern Saskatchewan.

For more about Red Door Venture Group, or to schedule a complementary consultation, visit RedDoorVentureGroup.ca.



# NEW BRIGHTON A SPACE TO CALL HOME



CONTRIBUTED

Accessibility to green space is one of the first things buyers look for in a new home, says Jennifer Eaton, Calgary interactive marketing co-ordinator for Brookfield Residential, a developer throughout North America.

As a result, the company has carefully developed its properties to include a thoughtful mix of community, recreational facilities and plentiful green space.

“When homebuyers in Calgary are looking for a community, active lifestyle is key,” Eaton says. “That’s what New Brighton is all about.”

New Brighton, Brookfield’s master-planned community in Calgary, offers townhomes from the \$280,000s, and homes with double attached garages starting in the \$400,000s.

Kristin South and her husband just

bought a home in New Brighton after searching for years for an affordable home with a good-sized yard in the south of the city.

“We found what we were looking for with Cedarglen in New Brighton,” South says. “A new home, on a great lot, in an amazing community within our budget.”

The couple currently has several pets, including a dog, so, for them, New

Brighton’s open spaces and parks made it the perfect neighbourhood, as well as the perfect place to start a family, South says.

Residents share indoor space, too — the 6,500-square-foot New Brighton Club is available for community activities, meetings and club events.

Surrounding the club, the children’s water play area, plus basketball, volleyball and tennis courts, provide the perfect venue to get fit, entertain your guests and meet your neighbours. It’s even home to an outdoor ice rink in winter.

Residents will have even more opportunity to expand their active lifestyles come 2014, with the opening of the New Brighton Regional Athletic Park. Sports opportunities will abound in four multi-sport natural turf fields and a baseball diamond. The area is also equipped with change room/washroom facilities and 260 parking stalls for those attending games.

Outside the development, residents are minutes away from schools, shopping, recreational facilities, and the new Calgary South Health Campus.

“New Brighton appeals to many different types of buyers,” Eaton says. “But all of them agree that the green space and amenities here are exceptional.”

To find out more about New Brighton and the homes, visit [livenewbrighton.ca](http://livenewbrighton.ca).

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# Global style comes to Canada



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

When Zara fashion stores first opened in Spain more than 30 years ago, they were a big hit.

Their up-to-date fashions at affordable prices has always kept the global-style shopper happy. Now home decor enthusiasts have something equally exciting to look forward to: Zara opens its first home decor and style store at Yorkdale Shopping Centre in Toronto on Thursday, followed by an opening at Carrefour Laval in Quebec.

From small furnishings, bedding and tabletops Zara offers up-to-the-minute home fashions for every room in the house. Twice weekly new home fashions will be delivered to stores to keep the merchandise fresh and the assortment new every time you visit. Canadians can now also shop online at [zarahome.com](http://zarahome.com). I went shopping around and here's a sneak peak at a few of our in-store and online favourites; luxury-styled items caught my eye as must-haves this fall.



Zara Home opens in the Great White North, allowing Canucks access to the Spanish store's decor gems.

Expect a wide range of decor styles to be sold at Zara stores and online. New products are introduced every two weeks, which gives home decor enthusiasts a reason to visit the Zara stores often.

## Gold Monogrammed Flatware \$10-12

Gold is one of the season's biggest decor trends, so why not add it to your dining experience? These are ultra chic and not just for formal occasions. After all, you deserve the everyday lux experience of eating with this latest trend.



## Velvet Cushion with Feather Trim \$60

Lux prevails with fresh green velvet and feathers. A great way to add this year's most coveted colour and to wake up a boring chaise lounge or neutral sofa. Use with caution — no more than two pillows or your sofa will look like an ostrich farm.

## Ceramic Lamp \$200

Navy and white never go out of fashion and look crisp with the neutrals or pops with other strong colours. Switch the white shade for a gold metallic and it will go from traditional-chic to instant glamour. Buy these in pairs — a good way to display classic lamps.



## Square Glass Tables \$270

Wherever you place them, these tables will make your room look light, airy and sophisticated. Two sets side by side will make a very versatile coffee table for the living room.

## Fur Blanket \$200

A great wrap for chilly nights on the patio or by the fire during the winter months; luxury fur trims are everywhere on the fashion runways and the trend in home decor is no exception.



# Modernize your home on a strict budget

**DIY ideas.** Whether it's your kitchen, bath, backyard or your house itself that's in need of an update, there are plenty of ways to freshen up your home on a limited budget

## Start from the ground up

Instead of spending thousands on flooring, leaving your sub-floors exposed can create a unique and rustic look for a fraction of the cost. Plywood, pine boards and OSB subflooring generally have an unfinished appearance. You'll just need to rent a sander to smooth out the wood, and then finish off the look by applying a few coats of varnish.

## Everything but the kitchen sink

Installing a new kitchen countertop can really upgrade the look and feel of your kitchen, but can also break the bank.

Instead, take the time to scour through home stores for

discounted pieces of countertop that may have slight blemishes. These imperfections may be unnoticeable to guests, and can add character to your kitchen at a drastically lower cost.

## Pack it in

Custom cabinets and built-in shelves can be useful storage solutions with a hefty price tag. Restoring discarded items from restaurants or offices undergoing renovations can be cost-effective ways to set up storage in your home.

## Go off the rails

Cable railings have become a hot commodity in homes, serving as both a fashionable and functional stairway feature. As an alternative, hiring a bike welder to build a similar metal railing to save thousands of dollars and create the same industrial feel.

## On the cutting edge

Installing crown moulding can add an elegant border finish to any living room, but this often comes with a high price.

Substitute expensive crown moulding with smaller pieces of panel moulding, then paint



Countertops that have a blemish can save you a bundle. ISTOCK IMAGES

in between to create the illusion of one large piece of crown moulding.

## Feel a glow

Up-lighting is a system used to bounce indirect light off the ceiling and then back down into the room, creating a pleasant and welcoming ambiance.

As these systems can be costly, re-using external gutters can be a cost-effective alternative. First paint the gutters then mount to your walls, then place in fluorescent lights to complete the up-lighting system.

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PLEASE QUOTE: "Sales Representative - Calgary" in the subject line.

All submissions will be treated as confidential.



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# BACK TO SCHOOL

Thursday, August 22, 2013

## Prepare for homework

MICHELLE WILLIAMS  
For Metro

Just about any parent will agree that one reason to not look forward to the start of school is homework.

Here are some easy and effective tips from Toronto District School Board principal Cassandra Alviani-Alvarez on how to smooth the homework waters in your house:

**1** Reduce stress by setting a non-negotiable homework time around their after-school schedules.

**2** Work with your child to set up a calendar showing everything that's due over the course of the week or month and plan homework schedules accordingly.

**3** Help your kids get organized: Set up the space, have all the materials they need on hand, and remind them to put finished work in the knapsack so it's not forgotten in the morning.

**4** Remember to remain calm. Things get heated quickly if a child is having difficulty and you are struggling to make things clear. Have patience and

look for different ways of explaining the situation.

**5** Encourage your child to take short breaks when they get stuck on something.

**6** If kids are struggling to stay focused, try turning it into a game. Use a timer and challenge them to see how much they can get done in five

or 10 minutes.

**7** It's important to encourage them to try to make some effort before you pitch in and help. Read instructions and get them to articulate what they need to do first before you walk away.

**8** Resist taking over the assignment. You want it to

be a true reflection of your child's ability. Teachers know when they are getting a parent's work — the quality is very different.

**9** If your child just isn't understanding a subject, send a note back to the teacher explaining the difficulty so you can work together to help

your child through the challenging tasks.

**10** Praise is important. Make sure your child knows they have done a good job when they complete their work to the best of their ability. Keep it positive as they go off to bed to set them up for success the next day.



One way to improve grades is to set up space to do homework and make sure you have all the materials you need on hand. DMITRY KALINOVSKY/COLOURBOX



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# Get the upper hand

## High-tech best bets

MIKE  
YAWNEY  
For Metro

While pens and pencils never seem to go out of style, the student in your life can get an upper hand on their classroom education with the help of a few gadgets.

Here are some of the best bets for a high-tech education this fall.

### Vtech InnoTab 3S — \$109.99

A tablet for youngsters to call their own. The durable InnoTab 3S comes preloaded with kid-friendly apps for a fun learning experience. Kids can create and play their own videos, MP3s and even surf the web on the kid safe



browser. Recommended for children ages three to nine. (vtechcanada.com).

### Apple iPod Touch — \$229 and up

Access tens of thousands of apps, ideal for the classroom. Your iPod can become any-



thing from a scientific calculator to a language translator. Games and music are an added bonus for those students who have to endure lengthy bus rides to and from school. If you want a larger screen, the iPad or iPad Mini is another great choice. (apple.ca).

### Sky Wi-Fi Smartpen — \$199.99

Perfect for classes where students must take dictated notes. This "smart pen" records everything you hear, say, write or draw. Want to go back and hear what your teacher said in class? Simply tap a word on the page and the pen will replay what was said at that exact moment in time. Written notes can also be transferred to computer or tablet. (livescribe.com).



### Moleskin Evernote Smart Notebook — \$29.99

Everything written in this notebook can easily be trans-

formed into digital notes thanks to smart stickers embedded in the pages. Just take a photo of the page with your smartphone and you can transfer your notes to your laptop or tablet. (moleskin.com).

### Samsung Chromebook — \$269.99

An easy to use, lightweight, budget-friendly laptop that boots in as little as eight seconds. Chromebooks use Google's Chrome operating system and are designed for web connectivity. All of your homework, emails and as-



signments are stored online using Google's cloud services. This means you have access to your work anywhere, as long as you have Internet connection. Chromebooks require Internet connectivity to be useful, so make sure your child's school has widely accessible WiFi before considering a Chromebook. (futureshop.ca).

### Sony Xperia Z — \$149.95 with two-year contract

Leaking drink boxes and water bottles can create a real mess in a backpack. Your homework may get soggy, but Sony's Xperia Z smartphone can withstand even the wettest conditions. It is water- and dust-resistant, which means it can be tossed into a backpack with little fear. The five-inch HD display is perfect for accessing tens of



thousands of apps. (Bell.ca).

### Kindle Fire HD — \$214 and up

Make reading a little more fun. The Kindle Fire HD doubles as an eReader and tablet. Not only can you access more than one million titles from Amazon's library, you can also download some of the most popular Android apps. The best feature is the parental controls that allows you to limit the amount of time your kids play games or use apps on the device. (amazon.ca).



### Powerbag — \$128

Carry everything you need for class plus charge your gadgets at the same time. Powerbag includes a built-in rechargeable battery pack with USB port to charge thousands of gadgets. The 3000mAh battery has enough juice to charge the average smartphone twice. More powerful batteries are also available. (amazon.ca).

Clockwise, from left, Vtech InnoTab 3S, \$109.99, Kindle Fire HD, \$214 and up, Samsung Chromebook, \$269.99, Sky Wi-Fi Smartpen, \$199.99, Apple iPod Touch, \$229 and up, Powerbag, \$128, and Sony Xperia Z, \$149.95 with two-year contract.

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Left, an army jacket (\$79.99), jersey tunic (\$14.99), skinny jeans (\$24.99), leather booties (\$69.99), a plaid backpack (\$39.99) and beanie (\$14.99) from Winners (winners.ca).

# Head to class in style

One of the big highlights for kids heading back to class is all the amazing new fashions. Here are some fall trends to look forward to from H&M Canada showroom manager Karen Richter.

**1** Urban chic. Dress with attitude for life in the city. It's a basic and fun look, inspired by graphics and lots of bright accent colours. Styling is cool, casual and modern.

**2** Rocker vibe. Think of a cool party look with rock influences — denim and stud details, mesh, velvet, lace and chiffon for girls. The key look for girls is a black party dress, styled with a hat and sneakers. The key look for boys is a printed T-shirt, hoodie and studded slim jeans.

**3** Sporty activewear. Playful, comfortable, safe, easy wear (and easy care) garments. This trend includes lots of bright, bold colours and simple relaxed shapes.

**4** Multicultural street-inspired. It's a sharp and clean look inspired by the '90s, a quirky mash-up of prints and colours. Anything

goes with this trend — kids can feel free to express themselves and dress according to their own personality.

**5** Romantic. Dreamy and girly, featuring pastel colours, shiny text prints, flowers, lots of embellishments, sequin and lace details. Key looks include a sequin dress and cardigan, or a knitted sweater and tulle skirt with ballerina and cute accessories.

**6** Layers.

Think current trends combined with classic basics and layered with warm accessories — denim, hoodies, leggings, cardigans and chunky knit hats, mitts and scarves. Look for neutrals,

bright colours and classic prints like stripes and dots.

**7** Urban nature. Inspired by the great outdoors, the look is relaxed, comfortable and casual. The key look is a flannel shirt, jacquard knitted cardigan and a padded vest with slim utility pants. Style with boots, a knitted beanie and a parka.

**8** Animal prints. Leopard and zebra print are key, but also images of the animal itself. Style an oversized knitted sweater with animal prints and a brightly coloured slim-fit pant, or, for a more daring look, a brightly printed leopard coat.

MICHELLE WILLIAMS

A biker jacket (\$29.99), French terry sweatshirt with lace hem, camo-print skinny jeans (\$16.99), designer leather combat boots (\$44.99) and polka dot backpack (\$29.99) from Winners (winners.ca).

A kitty sweater (\$29.99), button-up shirt (\$19.99), skirt (\$29.99), quilted backpack (\$34.99), patent loafers (\$59.99), collar necklace (\$59.99) and watch (\$19.99) from Winners (winners.ca).

A camo jacket (\$34.99), hooded denim vest (\$29.99), graphic T-shirt (\$12.99), coated jeans (\$39.99) and brand name leather skate shoes (\$39.99) from Winners (winners.ca).

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# Electronic checklist

**Leaving for college.**  
Check out these tools and appliances that score top marks

**MICHELLE WILLIAMS**  
For Metro

If it's time for your super student to leave the nest and set up a living space, you will need this electronic checklist of amazing appliances and cool tools that score top marks.

**Panasonic toaster oven** (\$149.99) is compact, attractive, user-friendly and easy to clean. Ideal for student chefs with limited access to a kitchen or time to cook. (Panasonic.ca).

**Kobo Arc** (\$199.99) is a multifunctional tablet, perfect for reading curriculum materials and doing research. It features more than 700,000 apps and games to keep students entertained. (Kobo.com).

**ASUS MeMO Pad HD 7** (\$160) is new, trendy and a total performer with loads of storage and functionality. Easy to use, store and carry, it's the perfect tablet for university students. (Best-Buy.ca).

**Tassimo Single Serve Coffee Maker** (\$79.99) is great for late-night studying. Small, sleek, easy to use, just pop in a T DISC with barcode

technology for your personalized cup of coffee, tea, hot chocolate, cappuccino or latte. (FutureShop.ca).

**Hamilton Beach Single Serve Blender** (\$19.99) makes a smoothie, power drink or milkshake, just the right size for storing and preparing a drink you can take with you.

Just pop on the "to-go" top. (FutureShop.ca).

**Samsung Galaxy S4** (\$229.99) delivers incredibly clear and vibrant photos, games, apps and videos. Dual shot takes simultaneous front and rear shots, and drama

shot gives you rapid-fire photos for a time-lapse

effect. (FutureShop.ca).

**HP Photosmart** (\$199.99) wireless all-in-one inkjet printer is perfect for all college students — it prints, copies, scans, faxes, and even accesses content from the Internet using the colour touchscreen display. (hp.com).

**MacBook Air** (starting at \$999) is the lightweight notebook that will manage almost every aspect of student life. With the latest Intel Core i7 processors, MacBook Air has plenty of power and seven hours of wireless web time. (Apple.ca).

Clockwise, from top, ASUS MeMO Pad HD 7, \$160, Samsung Galaxy S4, \$229.99, Panasonic toaster oven, \$149.99, Hamilton Beach Single Serve Blender, \$19.99, Tassimo Single Serve Coffee Maker, \$79.99.



ASUS recommends Windows 8.

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asus.com

## A parent's guide to college

It's hard to believe that your university-bound student is about to leave home in a few short days. If it's your first time sending a child off to school, here are some important things to consider:

Your child needs to be able to manage in a big-school environment. Many kids are used to smaller schools and parents who take a hands-on approach. Once they head off to university, that changes drastically.

"Make sure you teach your kids about self-advocacy," says

Carolyn McLarty, head of guidance for Garth Webb Secondary School in Halton (Ontario) Region. "They need to have the tools they need to figure things out and find answers when parents aren't around to help."

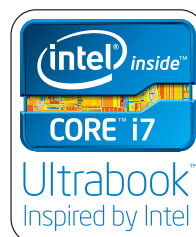
Attending an orientation together is a great idea — you will find out about the support people your student can connect with about anything from trouble with a subject to dealing with stress or homesickness.

Have some good discussions

before your child leaves. You need to be sure your child has a clear understanding about things like time management, sex and birth control, drinking and drugs, and proper nutrition.

Teach the basics of cooking, cleaning and laundry. A surprising number of students have no skills in these areas. It's not too late — show them how to operate a washing machine and dryer and do a few loads together.

MICHELLE WILLIAMS



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Lions Korey Banks, left, and Cord Parks move in to tackle Jon Cornish in Vancouver on Saturday. Cornish, last season's leading rusher, is questionable for the Stampeders' match against the Argonauts on Friday. DARRYL DYCK/THE CANADIAN PRESS

## Cornish questionable for Grey Cup rematch

### Hurt workhorse.

'Overuse' to blame for thigh contusion, says running back

The Calgary Stampeders offence will have an unfamiliar look Friday in Toronto, particularly if running back Jon Cornish can't play.

Cornish is questionable for the game against the Argonauts — a rematch of the 2012 Grey Cup — with what head coach John Hufnagel called a

thigh contusion.

"If I can't go, then I'll try and get straight. If I can go, I'll try and dominate," Cornish said.

But Cornish described the injury as one of "overuse" and not bruising. He ran for 175 yards and four touchdowns Aug. 9 in a 42-27 win over Saskatchewan, but was limited to 73 yards and one major in a 26-22 loss to the B.C. Lions last Saturday.

"I've recently restored a lot of range of motion to my leg that I haven't had for four years," Cornish explained.

### Practice no-go

Jon Cornish, the CFL's leading rusher last season and the No. 2 runner behind Saskatchewan's Kory Sheets this year, didn't practise for a second straight day Wednesday.

"My leg did more work than probably it's done with that range of motion in the (Saskatchewan) game and then (I) played in the B.C. game. It didn't feel good in that game."

Calgary native Matt Walter will get the nod at halfback if Cornish can't play, Hufnagel said.

Calgary's depth at receiver is getting tested. Veteran slotback Nik Lewis is out for at least six games with a broken fibula he suffered in Vancouver. Maurice Price also won't play Friday because of an ankle injury.

Calgary (5-2) was already without receivers Joe West (shoulder), Johnny Forzani (ankle) and Chris Bauman (wrist) on the nine-game injured list. **THE CANADIAN PRESS**

### Cycling

## Hesjedal, Sagan, Evans confirmed for Tour of Alberta

Canadian Ryder Hesjedal, world No. 2 Peter Sagan and former Tour de France winner Cadel Evans will highlight the field for the inaugural Tour of Alberta multi-stage cycling race.

Victoria native Hesjedal won the 2012 Giro d'Italia, becoming the first Canadian to win a Grand Tour race.

Slovakia's Sagan, one of the sport's top sprinters, won the points classification in both the Tour de France and Tour de Suisse in 2013.

Australian Evans won the 2011 Tour de France and finished second in 2007 and 2008.

"To have a former Tour de France winner Cadel Evans, one of the most prolific winners today in professional cycling in Peter Sagan, and Canadian cycling hero ... Ryder Hesjedal in the same race is amazing," race executive director Duane Vienneau said in a statement.

The race begins Sept. 3 in Edmonton.

**THE CANADIAN PRESS**

### London calling



"It's my homeland, and if they say, 'We need your help,' I'm going to consider that."

John Herdman says he's happy as head coach of the Canadian women's soccer team, but he would listen if approached about taking the vacant England job.

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# Ichiro slashes way to 4,000-hit mark

**MLB.** But the Yankees' Soriano deals Blue Jays the crippling blow

Alfonso Soriano hit a tiebreaking two-run homer with two outs in the eighth inning, Ichiro Suzuki got his 4,000th hit between the major leagues and Japan, and the Yankees handed the Toronto Blue Jays their 12th straight loss in New York, 4-2 on Wednesday night.

David Huff (1-0) pitched one-hit ball in five innings of relief to shut down the Blue Jays before New York finally got to Toronto's R.A. Dickey.

The 39-year-old Suzuki hit a liner off Dickey (9-12) that bounced just beyond diving third baseman Brett Lawrie for the milestone hit in the first inning. Suzuki broke a tie with Lou Gehrig when he got his 2,722nd major league hit in his 13th season. The speedy outfielder amassed 1,278 hits



Ichiro Suzuki acknowledges the crowd after tallying his 4,000th career hit. THE ASSOCIATED PRESS

in nine seasons with Orix of Japan's Pacific League.

Suzuki's teammates streamed out of the dugout and surrounded him at first base. A grinning Suzuki then faced the cheering fans and bowed.

When he went to his position in right field for the second inning, Suzuki tipped

## Quoted

"I wasn't expecting so much joy and happiness from them and that's what made it very special tonight."

Ichiro Suzuki on the reaction from his teammates and the crowd upon collecting his 4,000th hit.

his cap to fans who greeted him with a standing ovation.

Toronto left at least one runner on base in each of the first eight innings and was 2-for-15 with runners on base.

Dickey overcame a rough start to strike out nine while giving up six hits. But after retiring 14 of 15, he allowed a two-out single to Robinson Cano. Soriano then snapped a 0-for-17 skid with a two-run shot to left for the 4-2 lead.

Jays catcher Josh Thole hit a solo home run in the fourth, his first with the team.

THE ASSOCIATED PRESS

## MLB

### AMERICAN LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Boston	75	54	.581	—
Tampa Bay	72	53	.576	1
Baltimore	68	58	.540	5½
New York	67	59	.532	6½
Toronto	57	70	.449	17

#### CENTRAL DIVISION

	W	L	Pct	GB
Detroit	74	52	.587	—
Cleveland	69	58	.543	5½
Kansas City	64	61	.512	9½
Minnesota	55	70	.440	18½
Chicago	51	74	.408	22½

#### WEST DIVISION

	W	L	Pct	GB
Texas	74	53	.583	—
Oakland	71	55	.563	2½
Seattle	59	67	.468	14½
Los Angeles	55	71	.437	18½
Houston	41	85	.325	32½

#### Wednesday's results

Seattle 5 Oakland 3  
Cleveland 3 L.A. Angels 1  
Baltimore 4 Tampa Bay 2  
N.Y. Yankees 4 Toronto 2  
Detroit 7 Minnesota 1  
Texas 5 Houston 4  
Chicago White Sox 5 Kansas City 2

#### Tuesday's results

N.Y. Yankees 8-3 Toronto 4-2  
Minnesota 6 Detroit 3  
Texas 4 Houston 2  
Tampa Bay 7 Baltimore 4  
Chicago White Sox 2 Kansas City 0  
Seattle 7 Oakland 4  
Cleveland 4 L.A. Angels 1 (14 inn.)

#### Thursday's games — All times Eastern

Toronto at N.Y. Yankees, 1:05 p.m.  
Minnesota at Detroit, 1:08 p.m.  
Chicago White Sox at Kansas City, 8:10 p.m.  
Friday's games  
Oakland at Baltimore, 7:05 p.m.  
Minnesota at Cleveland, 7:05 p.m.  
N.Y. Yankees at Tampa Bay, 7:10 p.m.  
Washington at Kansas City, 8:10 p.m.  
Texas at Chicago White Sox, 8:10 p.m.  
Toronto at Houston, 8:10 p.m.  
L.A. Angels at Seattle, 10:10 p.m.

### NATIONAL LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Atlanta	77	49	.611	—
Washington	62	64	.492	15
New York	58	67	.464	18½
Philadelphia	56	70	.444	21
Miami	48	77	.384	28½

#### CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	74	52	.587	—
St. Louis	73	53	.579	1
Cincinnati	72	55	.567	2½
Milwaukee	55	72	.433	19½
Chicago	54	72	.429	20

#### WEST DIVISION

	W	L	Pct	GB
Los Angeles	74	52	.587	—
Arizona	65	60	.520	8½
Colorado	59	69	.461	16
San Diego	57	70	.449	17½
San Francisco	56	70	.444	18

#### Wednesday's results

San Diego 2 Pittsburgh 1  
Atlanta 4 N.Y. Mets 1 (10 inn.)  
St. Louis 8 Milwaukee 6  
Boston 12 San Francisco 1  
L.A. Dodgers 4 Miami 1  
Philadelphia 4 Colorado 3  
Cincinnati 10 Arizona 7

#### Tuesday's results

San Francisco 3 Boston 2  
Colorado 5 Philadelphia 3  
Arizona 5 Cincinnati 2  
Washington 4 Chicago Cubs 2  
Milwaukee 6 St. Louis 3  
N.Y. Mets 5 Atlanta 3  
Pittsburgh 8 San Diego 1  
L.A. Dodgers 6 Miami 4

#### Thursday's games — All times Eastern

Arizona at Cincinnati, 12:35 p.m.  
L.A. Dodgers at Miami, 12:40 p.m.  
Washington at Chicago Cubs, 2:20 p.m.  
Colorado at Philadelphia, 7:05 p.m.  
Atlanta at St. Louis, 8:15 p.m.  
Pittsburgh at San Francisco, 10:15 p.m.

## CFL

### WEEK 9

#### EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	7	5	2	0	230	174	10
Hamilton	7	3	4	0	166	205	6
Montreal	7	2	5	0	156	201	4
Winnipeg	7	1	6	0	153	210	2

#### WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	7	6	1	0	234	150	12
Calgary	7	5	2	0	226	186	10
B.C.	7	5	2	0	169	164	10
Edmonton	7	1	6	0	161	205	2

Thursday's game — All times Eastern  
B.C. at Montreal, 7:30 p.m.

Friday's game  
Calgary at Toronto, 7:30 p.m.

Saturday's games  
Winnipeg at Hamilton, 1 p.m.  
Saskatchewan at Edmonton, 4 p.m.

## MLS

### EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Kansas City	11	8	6	36	25	39
New York	11	8	6	36	31	39
Montreal	11	7	5	36	35	38
Philadelphia	10	7	8	36	32	38
Houston	10	7	6	29	23	36
New England	9	9	6	29	23	33
Chicago	9	10	4	29	34	31
Columbus	8	11	5	29	30	29
Toronto	4	12	8	21	33	20
D.C. United	3	17	4	14	40	13

### WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Salt Lake	12	8	5	41	30	41
Colorado	10	7	9	33	27	39
Portland	9	3	11	34	22	38
Los Angeles	11	9	4	39	32	37
Vancouver	10	8	6	36	32	36
Seattle	10	8	4	30	26	34
San Jose	9	10	6	26	35	33
Dallas	8	7	9	31	35	33
Chivas	4	13	6	20	40	18

#### Wednesday's results

Dallas at Chivas  
Salt Lake at Portland  
Friday's game — All times Eastern  
Kansas City at Chicago, 8:30 p.m.  
Saturday's games  
Houston at Montreal, 7 p.m.  
Toronto at D.C., 7 p.m.  
Los Angeles at Vancouver, 9 p.m.  
San Jose at Dallas, 9 p.m.  
Columbus at Salt Lake, 9:30 p.m.



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## Horoscopes

## ♈ Aries

March 21 - April 20

You don't usually pay much attention to details but you will need to as of today. The Sun's change of sign warns it may be costly if you don't. Whatever you are working on, get the small stuff right first.

## ♉ Taurus

April 21 - May 21

A dynamic phase begins for you today and you must take full advantage of it. Don't be suspicious if people you hardly know praise you to the skies and offer to do you favours.

## ♊ Gemini

May 22 - June 21

It may be a pain having to explain yourself every step of the way but it will be worth it in the long-term. The planets make it easy to get close to people who mean a lot to you.

## ♋ Cancer

June 22 - July 23

Social activities are high on your agenda now and you must make time to have fun, no matter how much work you have got lined up. Don't worry too much about "serious" issues — they're really not that serious at all.

## ♌ Leo

July 24 - Aug. 23

The Sun leaves your birth sign today but you must not slow down or set your sights any lower. The next few weeks will bring new financial opportunities, be ready to act decisively.

## ♍ Virgo

Aug. 24 - Sept. 23

The Sun moves into your birth sign today and a new solar year gets under way, but don't think you have to start at a mad rush and try to get everything done at once.

## ♎ Libra

Sept. 24 - Oct. 23

You have not seen as much of a friend as you would have liked but your paths are destined to cross again over the next few weeks. Why not give them a call and reconnect today?

## ♏ Scorpio

Oct. 24 - Nov. 22

If you need to talk to an authority figure, approach them today while you feel super confident. The planets indicate they will listen to what you have to say and act in your favour.

## ♐ Sagittarius

Nov. 23 - Dec. 21

As the Sun crosses the career angle of your chart today, you must be more ambitious. The next few weeks will be crucial for those Sags who want to get on in the world. Success is closer now than ever before.

## ♑ Capricorn

Dec. 22 - Jan. 20

As the Sun moves in your favour today, you won't be in the least bit fazed by the challenges that fate throws at you. On the contrary, you can't wait to get stuck into them, such is your supreme self-belief.

## ♒ Aquarius

Jan. 21 - Feb. 19

There is nothing to fear but fear itself. With the Sun moving into one of the more sensitive areas of your chart you may need to repeat that mantra at regular intervals. Try not to worry.

## ♓ Pisces

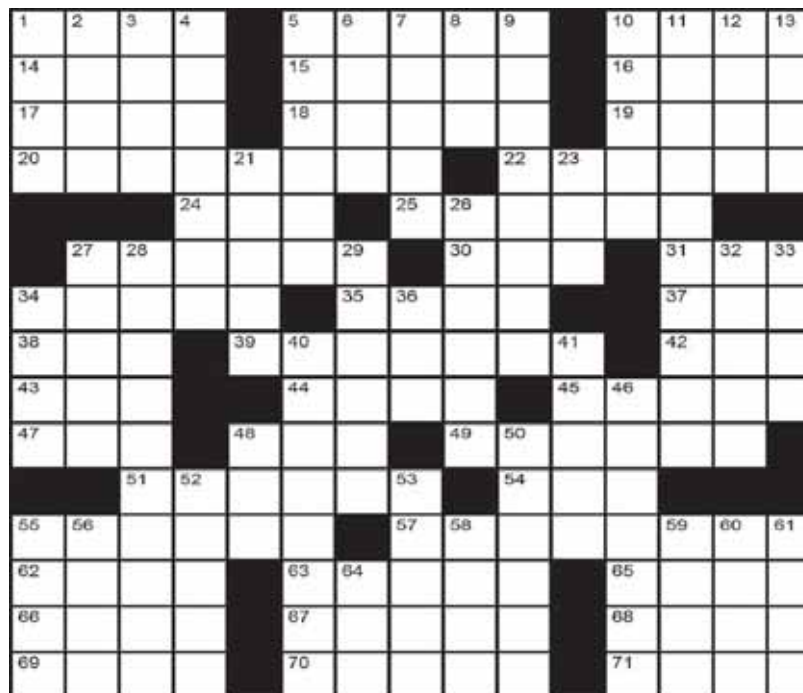
Feb. 20 - March 20

Cosmic activity in your opposite sign of Virgo means you are will clash with someone over the next few days. Just because you see life from different angles does not mean you cannot get along. SALLY BROMPTON

## Crossword: Canada Across and Down

## Across

1. \_\_\_ Kong  
5. Not qualified  
10. Some aircrafts  
14. Downright nasty  
15. \_\_\_ prosequi (Not proceeding, in law)  
16. Czech river  
17. Ms. Dunham of HBO's "Girls"  
18. Fancy instrument  
19. City's air pollution  
20. Provincial leaders  
22. False  
24. 'Pepper' add-on (Pizza topping)  
25. NYC's \_\_\_ Island  
27. Regatta crafts  
30. Humour style  
31. Disney song: "Zip-a-Dee-Do-Do-\_\_\_"  
34. \_\_\_ and fauna  
35. "Not on \_\_\_!" = "No way!"  
37. Rambo portrayer, to pals  
38. Pants split  
39. Saskatchewan's provincial fish  
42. Pourboire  
43. Gremlin  
44. Fool  
45. "I Started \_\_\_" by The Bee Gees  
47. Last letter, USA-style  
48. Inclined  
49. Hamilton-born



star Mr. Levy

51. House painter's tool  
54. Apiece  
55. Steamed in corn husks dish  
57. Guess Who's "\_\_\_ Woman"  
62. Drop  
63. Reserved  
65. Detective's find  
66. Voice character-

istic

67. Nymph of Greek mythology  
68. Answer-needer's aid  
69. Barely manages, \_\_\_ out  
70. Bird-created structures  
71. Chooses

## Down

1. Self-\_\_\_ book  
2. Finito  
3. "The Whole \_\_\_ Yards" (2000)  
4. Fashion magazine  
5. Reveal, as a portrait painting  
6. Pinot \_\_\_ (Wine variety)  
7. Dental string  
8. Misguided =

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

- riage  
23. Pig's pen  
26. Pluck eyebrows  
27. Mucky matter  
28. It flows in NWT and Nunavut, \_\_\_ River  
29. Military greeting  
32. Similar  
33. Ballyhoo  
34. Animator Mr. Freleng  
36. Deli request  
40. Singing sisters from Canada, Natalie or Nicole  
41. Enthusiastic  
46. Wrestler/rock-er from Winnipeg, Chris \_\_\_  
48. "Never Ever" by \_\_\_ Saints (Group #40-Down were in)  
50. Overtures  
52. Hall & \_\_\_  
53. Does garden work  
55. Carry  
56. "Star Trek" episode, \_\_\_ Time  
58. Vegan's taboo  
59. Cut short  
60. Uncle's wife  
61. Profits  
64. "\_\_\_ you kidding?"

## Yesterday's Crossword



## Sudoku

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

FRIDAY

SATURDAY

MAX: 25°  
MIN: 10°MAX: 23°  
MIN: 14°MAX: 21°  
MIN: 15°ANDREW SCHULTZ  
METEOROLOGIST

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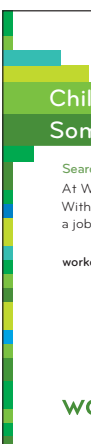
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